

Cycling Risk Assessment

<u>Document Name</u>	<u>Prepared By</u>	<u>Date</u>	<u>Reviewed For Easy Wheelers Group By</u>	<u>Date</u>	<u>Reviewed For Easier Cycling Group By</u>	<u>Date</u>
Hucknall & District u3a Cycling Risk Assessment Issue 1	John Pretty	08/11/24	Jim Spray	13/11/24	Angela Cornish	16/11/24
Hucknall & District u3a Cycling Risk Assessment Issue 2	John Pretty	01/12/25	Jim Spray	01/12/25	Angela Cornish	01/12/25

1. This document should be read in conjunction with Hucknall and District u3a Cycling Protocols.
2. Our insurers ask that we undertake a risk assessment for all activities.
3. All Cycling Group Members are required to read this Document and act upon its recommendations.

Cycling Risk Assessment

Type Of Incident/People Affected/Possible Outcome	How To Reduce The Risk Of The Incident Occurring
<p>1 Moving Traffic Accident</p> <p><u>Affected:</u> Individual Member, Group Members, Road Users, Pedestrians</p> <p><u>Possible Outcome:</u> Fatalities, Life changing injuries</p>	<p>The Group Leader will inform every new member ;</p> <ul style="list-style-type: none"> that they are expected to follow all Road Traffic Regulations and comply with the Highway Code; they are responsible for assessing their own risks and taking appropriate action at all times on the ride.
	<p>Individual Group Members;</p> <ul style="list-style-type: none"> must familiarise themselves with applicable legislation and codes of practice. ensure that their bicycle is roadworthy. wear suitable protective clothing including cycling helmets. Must read and follow the Hucknall & District Cycling Protocols when participating on a Group Ride. Particularly sections 3.1, 3.2, 3.5 & 3.7.
<p>2 Losing Control Of The Bicycle Resulting In Falls and Collisions</p> <p><u>Affected:</u> Individual Member, Group Members, Pedestrians</p> <p><u>Possible Outcome:</u> Serious Injuries</p>	<p>Match your speed to the conditions. Be aware of :</p> <ul style="list-style-type: none"> uneven, wet, loose or icy roads, pavements, cycle paths and off road surfaces; potholes, gully grates, ruts, kerbs, tram rails and pavement furniture; pedestrians, elderly and young persons, give way and maintain a good margin when passing, slow down or stop; controlling your speed on steep descents to be able to bring the bicycle to a halt without losing control; read and follow the Hucknall & District Cycling Protocols when participating on a Group Ride. Particularly sections 3.1, 3.2, 3.5 & 3.6;

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<p>3 Rider in distress due to over exertion.</p> <p><u>Affected:</u> Individual Member</p> <p><u>Possible Outcome:</u> Fatality, Serious health conditions</p>	<p>The Group Leader will lead the ride or appoint an experienced and competent Ride Leader for every ride. They will ensure that;</p> <ul style="list-style-type: none"> the route is communicated to all riders. Including the distance to be covered and any difficult terrain that is likely to be encountered. the expected duration of the ride. the Ride Leader should appoint a back marker to assist any rider in difficulty. from time to time pause for riders to regroup and recuperate; <p>Individual Group Members when they become aware of the route</p> <ul style="list-style-type: none"> must assess whether they are physically fit enough to complete the ride and inform the Ride Leader if they are not able to do so or may complete only part of the route; carry with them essential medication; carry a list of current medications; carry emergency contact details;
<p>4 Riders at risk due to adverse weather conditions.</p> <p><u>Affected:</u> Individual Members</p> <p><u>Possible Outcome:</u> Serious injuries</p>	<p>The Ride Leader will:</p> <ul style="list-style-type: none"> obtain the weather forecast from a reliable source. assess the effect the weather may have on cycling the proposed route. change the route or call off the ride if necessary. <p>Individual Group Members must;</p> <ul style="list-style-type: none"> ensure that they wear appropriate clothing to protect against the weather conditions reported in the forecast; take appropriate measures to avoid sunburn and sunstroke; read and follow the advice given by Hucknall & District Cycling Protocols when participating on a Group Ride. Particularly sections 2.2, 2.3, 2.4 & 2.7